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Pedestrian struck, killed by SUV

FATALITY A pedestrian has died near Ghost Lake after travelling down a hill on a skateboard and being struck from behind by an SUV at 10 p.m. on July 28 on Highway 1A.
 Cochrane RCMP pronounced the 19-year-old man, a resident of Morley, dead on the scene.
 The 49-year-old driver and the passengers of the SUV were not injured.
 The name of the deceased has not been released.
 The investigation continues, but no charges are anticipated at this time. Alcohol and speed are not considered to be a factor.

AMY GREGSON
 FOR METRO CALGARY

Relating pg 6



Bachelors vs. bachelorettes

Food pg 10



Tex-Mex steak and trimmings

ShareYourViews
calgaryletters@metronews.ca

Aquatics

Upset win



Calgary's Emily Csikos, right, celebrates with her teammate Krystina Alogbo and the rest of the Canadian water polo team at the end of their semifinal match against Russia at the world aquatics championships yesterday in Rome, Italy. The Canadians upset the Russians 8-7.

High-risk offender released

Police fear man may reoffend

AMY GREGSON
 for Metro Calgary

Calgary police are notifying the public of a high-risk offender who was released into the Calgary area yesterday, who police are concerned may reoffend.

Acting Staff Sgt. Stephen Johnston, from the high-risk offender program, said police have issued the notice due to the offender's history of sexual violence involving a knife.
 "The circumstances surrounding the sexual assault and the incident itself bears quite a warning of his potential," said Johnston.

Johnston said that the crime had a great impact on the community of Kamloops, B.C., and the victim.

Norman Eli Larue, 27, of Kamloops has been released from the Bowden Institu-

tion after completing a 5½-year federal prison sentence.

Larue was convicted of aggravated sexual assault, theft over \$5,000, dangerous operation of a motor vehicle and flight from police, all of which occurred in the Kamloops area.

Larue is subject to a 10-year long-term supervision order, with conditions imposed by the National Parole Board, including a curfew.

Johnston said it is believed that Larue has acquaintances here.

Larue will be supervised on an ongoing basis.

Calgary police know where he is living but are not divulging his location.



Norman Eli Larue

Peace Bridge needed for core transport: City

AMY GREGSON
 for Metro Calgary

DOWNTOWN The pedestrian Peace Bridge has been getting both praise and criticism from Calgarians for its

design and over whether it's really needed.

Don Mulligan, director of transportation for the city, said the bridge is required because there are no roads that can be added into downtown and there are

limited opportunities to add transit.

"Walking and cycling don't take up as much room, they are available to everyone, and don't use as much energy," he said.

The city estimates that

120,000 people work downtown, with that number to increase to 180,000 by 2025.

The bridge is expected to handle 5,000 pedestrians and cyclists daily.

"(Downtown) is by far the densest area of the city, and

because of that there are a lot of people who walk and cycle far more than any other area," Mulligan said.

The Centre City Plan calls for two other pedestrian and cyclist bridges going into downtown.



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Fringe Festival offer extended

GlobalFest organizers are extending their offer for advance tickets for the Aug. 21 to 29 event for one day only at the Calgary Fringe Festival and the Inglewood SunFest. A GlobalPass for \$50 will get you in for all five nights, instead of the regular \$12.50 per night. **METRO CALGARY**

3

Local



Fog delays provincial flights

Intense fog in Edmonton had an impact on flights at the Calgary International Airport yesterday. Brian Wirsch, duty manager at the Calgary Airport, said that one WestJet flight was diverted to Calgary, a Canadian North flight departed and then returned to the Airport and that three other planes were delayed. Flights on Air Canada were also affected. **METRO CALGARY**

Calgary in brief

STRIKE ACTION The CAW, which represents 246 workers at the Fairmont Palliser Hotel, said yesterday that 91 per cent voted in favour of strike action, if necessary, after a July 24 vote. The employees are after wages and benefits that match their counterparts at other Fairmont Hotels in Canada.

INVASION Calgary Police are looking for two men armed with guns in a home invasion robbery Tuesday evening. Police are looking for two men around 23 years old, one Caucasian and one Asian, after three people were tied up and cash was demanded at a home in the 100 block of Erin Park Circle SE. Police believe this was a targeted attack.

ASSAULT Four individuals, possibly youth, are being sought by police after a worker was assaulted outside a church in the 800 block of MacDonald Avenue SE on Saturday around 11:30 p.m. All four individuals, three males and one female, are described as Caucasian and wearing dark clothing. Pepper spray was used on the victim, police said.

PHOTO A valuable autographed Sidney Crosby photograph taken from a Strathmore Tim Hortons earlier this month has since been replaced. An autographed photo from a Toronto sports memorabilia provider was sent to the restaurant with a note saying it was a gift from the star NHL player. A suspect in the photo theft has not been found.

PUBLIC ART The City of Calgary is asking for artists' submissions for public art for the Genesis Centre of Community Wellness. The budget for the project is \$559,500 and deadline for submissions is Sept. 28.

METRO CALGARY

Slashing into street festival

ALYSSA JULIE
for Metro Calgary

Isaac Ho, a seasoned disciple of the Ji Hong Tai Chi School here in Calgary, is one of many performers who will show off their skills at this year's Chinatown Street Festival on Aug. 15.

Armed with an aluminum training sword and dressed in traditional garb, Ho and his fellow performers will undoubtedly mesmerize passersby with the fluid and graceful yet furious movements of this martial art technique.

"It's like a dance," says Ho, who has been practicing Tai Chi for three years. "But there's a lot of power involved. Its about strengthening your body and mind."

In addition to Ho's Tai Chi performance, throughout the day there will be a colourful mix of traditional entertainment and music and a chance to taste cuisine from Thailand,



Brian Tang of Jihong does a demo of Wushu martial arts for the launch of the ninth annual Chinatown Street Festival, which will take place Aug. 15.

Malaysia, India and of course, China, said Calgary Chinese Merchants Association president Ken Lee yesterday.

Essentially, the streets of Calgary's Chinatown will become a "buffet" showcasing the diversity of Cal-

gary's Chinese district.

"We are in the process of creating a festival that is vibrant and an integral part of the community," Lee explains.

He says the CCMA expects the festival to garner the same success as previ-

ous years, despite the economic downturn, though he admits it has been more of a struggle to raise sponsorship for this year's event.

Last year the daylong festival attracted approximately 50,000 people.

Provincial car insurance rates driven down

AMY GREGSON
for Metro Calgary

ANNOUNCEMENT Drivers in Alberta will be getting a relief by approximately \$30 a month on their insurance rates after an announcement yesterday by the Automobile Insurance Rate Board.

As of Nov. 1, mandatory insurance premiums will drop by five per cent after 2008 saw an increase of the same margin.

"We looked at the ruling on the soft-tissue cap and last year we allowed money for that. This year we clawed some of that back," said Alf Savage, chair of the AIRB.

Back in June, the Alberta Court of Appeal decided to uphold the province's decision to allow a \$4,504 cap for soft-tissue injuries such as whiplash.

Savage said that the decrease could have been higher, but the costs of car parts and repairs have gone up considerably.

Savage said that the

mandatory rates for 60 per cent of a person's bill.

The AIRB is required by law to review insurance rates once a year and announce their results by Aug. 1.

They have been in effective since 2004 and Albertans have seen an 18 per cent decrease since this time.

Next generation coming to Calgary?

STUDY Calgary ranked 7th in a list of 27 Canadian cities that are best suited for the next generation to live in, according to Next Generation consulting.

The study ranked cities coast to coast on seven core areas: vitality, earning, learning, social capital, cost of lifestyle, 'after hours' and 'around town.'

The information was gathered through researching cities and workplace preferences of people aged 20 to 40 since 1998. Topping the list was Victoria, B.C., with Ottawa, Vancouver, Kingston and Halifax rounding out the top five. Toronto placed sixth, while Edmonton placed 10th out of the 27 cities.

Next Generation says the list can help cities and companies figure out where to go to attract next-generation talent, or to identify areas in which a city may want to improve. **METRO CALGARY**

metronews.ca

What's online today.

Video The owner of the Inglewood brewery buildings gives a tour to make the case for demolition at metronews.ca/local

Lotteries

Lotto 6/49: 3, 23, 29, 37, 44 & 45. Bonus 39
These results are not official.

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Canada/World

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The federal government plans to spend \$40 billion over the next 30 years to build as many as 50 large ships, CBC News Online reports.

METRO NEWS SERVICES



O Canada! B.C.'s getting all the heat

WEATHER Here's the tale of three Summers across the country.

Aaron Summer of Burnaby, B.C., is melting in a record-breaking heat wave.

In Stoney Creek, Ont., rain is once again spitting on Warren Summer.

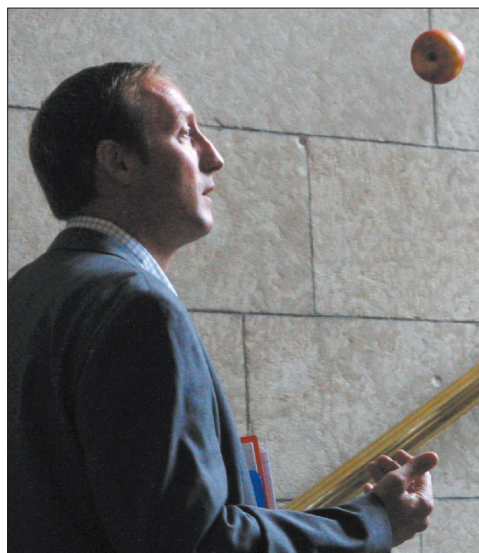
And Rosemary Summers of Newfoundland is basking in the sun — for now.

Wondering where summer went?

"It's all on that side of the country," said Warren Summer. "You can keep it. I don't want it that hot, but a little good weather would be nice."

Meteorologist Gary Dickinson with Environment Canada said Vancouver is getting a Toronto-like heat wave with T.O. humidity.

TORSTAR NEWS SERVICE



Defence Minister Peter MacKay tosses an apple in the air as he leaves a Conservative caucus meeting in Ottawa yesterday.

Top parties in dead heat: Poll

POLITICS The political rhetoric is still flying, but are Canadians listening?

A survey by Angus Reid Strategies shows the federal Liberals with 34 per cent support and the Conservatives with 33 per cent — a statistical dead heat.

The result is a warning for any party thinking of plunging into a fall elec-

tion: No wind of change is blowing across Canada.

And it shows the economy is still a top concern.

The poll has a margin of error of 3.1 percentage points. The NDP was at 16 per cent support. The Bloc Québécois was at 10 per cent and the Green party seven per cent.

TORSTAR NEWS SERVICE

Decency law challenged

Sudanese woman prepared to give up UN immunity to fight

A Sudanese woman facing 40 lashes for wearing pants in public made her first appearance in a court packed with supporters yesterday, in what her lawyer described as a test case in Sudan's decency laws.

There were chaotic scenes as Lubna Hussein, a former journalist who works for the United Nations, attended the hearing wearing the same green slacks that got her arrested for immodest dress.

Indecency cases are not uncommon in Sudan. But Hussein has attracted attention by publicizing her case, inviting journalists to hearings and using it to campaign against dress codes sporadically imposed in the

Foreign attention

• The trial in Khartoum was also attended by representatives of the embassies of Canada, France, Sweden and Spain, alongside politicians and members of the Sudanese Women's Union.

capital.

The case was adjourned yesterday as lawyers discussed whether her status as a UN employee gave her legal immunity.

After the hearing, defence lawyer Nabil Adib Abdalla said Hussein had agreed to resign from the United Nations in time for the next session on Aug. 4 to make sure the case continued.

"First of all she wants to show she is totally innocent, and using her immunity will not prove that," Abdalla told reporters. "Second, she wants to fight the law. The law is too wide. It needs to be reformed ... This is turning into a test case. Human rights groups will be watching this closely."

He said Hussein was ready to face the maximum penalty for the criminal offence of wearing indecent dress in public which was 40 lashes and an unlimited fine.

"Thousands of women are punished with lashes in Sudan but they stay silent," Hussein said. "The law is being used to harass women and I want to expose this."

REUTERS

News in brief

WARMING Regions of Arctic tundra around the world are heating up rapidly, releasing more greenhouse gases than predicted and boosting the process of global warming, says Greg Henry, a professor at the University of British Columbia.

REUTERS

10,000 missing, Uighurs say

CHINA Nearly 10,000 Uighurs involved in deadly riots in China's Xinjiang region went missing in one night, exiled Uighur activist Rebiya Kadeer said yesterday, calling for an investigation.

More than 1,000 people were detained in the immediate aftermath of the riots, and over 200 more in recent

days, state media said. None have been publicly charged. China has accused Kadeer of triggering the riots and of spreading misinformation.

"The nearly 10,000 (Uighur) people who were at the protest, they disappeared from Urumqi in one night," she told a news conference in Tokyo.

REUTERS

Israel allows cement into Gaza

MIDDLE EAST Israel will allow some cement into the Gaza Strip for reconstruction, officials said yesterday, signalling flexibility on a blockade as the U.S. intensifies efforts to broker peace-making. After Hamas seized Gaza in 2007, Israel curbed imports that it said could be used to make arms or bunkers. The lack of cement and steel has been especially felt since Israel's December-January offensive, which devastated the coastal strip.

China will reduce executions

CAPITAL PUNISHMENT China will cut the number of people it executes every year to "an extremely small number" and commute more death sentences, though the country has no plans to abolish capital punishment, a state newspaper said yesterday.

China is probably the world's most prolific state executioner, with at least 7,000 people sentenced to death and 1,718 people executed last year, according to rights group Amnesty International.

REUTERS

News in brief

MADOFF The trustee winding down swindler Bernard Madoff's former firm sued his wife yesterday, seeking at least \$44.8 million US for investors.

REUTERS

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The Bow River weirs can kill you.

Many have died attempting to boat or swim over the weir (low dam) in the Bow River, downstream from St. George's Island (Calgary Zoo).

Venturing over the weir is risking certain death. Escape is impossible once you are caught in the swirling water. The water is equally dangerous near the weir at Wyndham-Carseland Provincial Park and above or below any other dam.

No matter how big your boat is, water currents at the weir's base will grab and capsize it.

How to avoid the dangers:

- Read and heed all warning signs.
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- Warn your friends and family.

For more information about safety around weirs, call 403-297-6517.



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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Of bachelors and bachelorettes

Relating

Sofi Papamarko

metronews.ca/papamarko

To celebrate the impending nuptials of a dear friend, nine of us headed to a cabin in rural Quebec for a bachelorette weekend. We sunned ourselves on a dock, ate a variety of

artisanal cheeses, played a few spirited rounds of charades and toasted the bride-to-be with sparkling wine. The groom, in the meantime, was swept off by his buddies to participate in the time-honoured tradition of ogling nubile in various states of undress.

If the men were the movie *The Hangover*, we were Oprah's Book Club.

It makes me question the long-held wisdom of one Cyndi Lauper: Do girls just wanna have fun? Or would they rather have sedate

On the web

For more views on relating, go to Love Bytes at metronews.ca/blogs

martinis, gripe about their boyfriends and hit the sack at a reasonable hour?

This is not to say that many bachelorette parties aren't wild and crazy events. But it seems to me that even the most out-of-control bachelorettes don't hold a candle to the most unhinged bachelor parties.

Beth Montemurro is an

associate professor of sociology at Penn State University. In her book *Something Old, Something Bold: Bridal Showers and Bachelorette Parties*, Montemurro points out that bachelor parties are historically about making the most of the groom's final hours of freedom and a supposed reluctance to let that go. Bachelorettes seem more akin to "pep rallies ... increasing excitement and anticipation" of the main event: The wedding.

"The most important part of the bachelorette party

for women I interviewed was about spending time with their friends," Montemurro told Metro via email. "Women were less interested or aroused by the sexual elements of bachelorette parties (e.g. going to strip clubs) and more often found them to be embarrassing or funny."

In summation, the vital differences are as follows: Bachelorette parties? A female bonding ritual that satirizes sexuality.

Bachelor parties? Last call for fun, fellas!

When my time comes, I hope my ladies know me well enough that they won't bust out the tiaras, tulle and exotic dancers named Rico. Ideally, I'd want my bachelorette to be held at a karaoke dive. My friends and I would bask in one another's delightful company and regale each other with the sweet, sweet sounds of Journey.

I might even drink.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Domestic violence crosses all boundaries

FourthWave

Canice Leung

metronews.ca/fourthwave

If the picture of family dysfunction emerging from St. Leonard, Que., about the Shafia family scares you, find comfort with the many Canadians that have, too.

Mohammed Shafia, his wife and their son are charged with the deaths of Shafia children Zainab, 19, Sahar, 17, and Geeti, 13, and Rona Amir Mohammad, 52,

after the four were found dead inside a submerged car in a Rideau Canal lock. Rona, initially identified as a relative, was Shafia's first wife.

A man claiming to be Rona's sibling said she wanted a divorce, which the man of the house would not grant. He also banned her from using the phone, took her passport and threatened to beat her, the relative claims. Zainab had taken a romantic interest in a Pakistani boy against her family's wishes; she reportedly ran away in the spring.

Kingston police Chief Stephen Tanner stopped short of calling the deaths honour killings, but de-

scribed the situation as "cultural issues" between a family and "Canadian teenagers who have all the freedom and rights of expression of all Canadians."

Federal Public Safety Minister Peter Van Loan said honour killings are "simply unacceptable," adding, "We ... encourage people when they come to Canada to recognize the importance of Canadian values."

Filing the Shafia women's deaths under "honour killings" and chalking it up to an immigrant gone bad takes away from the responsibility their own kin may have had in it. Domestic violence crosses all boundaries.

In a broader context, these deaths show violence against women happens in spite of our milquetoast, utopic values, especially for the women who needed the help most. The warning signs were clear. For an entire generation, the Canadian Dream is turning out to be a farce.

Post-Trudeauism, does the promise of multiculturalism lie in a lock? If the public's visceral, instant judgment of the Shafias is any indication, those that don't are not welcome here. Out of many, one discordance.


Canice Leung is a former editor of *Ryerson University feminist magazine McClung's*, copy editor at Metro, ardent feminist and loudmouth.



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Major Coca-Cola bottler beats profit predictions

Coca-Cola Enterprises Inc., the largest bottler of Coca-Cola Co drinks, blew past Wall Street's quarterly profit forecast yesterday, helped by price increases. **REUTERS**

7

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Microsoft, Yahoo confirm 10-year Web search deal

INTERNET Microsoft Corp. and Yahoo Inc. have launched a 10-year Web search deal to challenge market leader Google but stopped short of combining other advertising businesses or suggesting any deeper ties.

The long-expected deal means Microsoft's new Bing search engine will be combined with Yahoo's experience attracting advertisers in the first serious threat to Google Inc. — if the companies get regulatory approval and can make the partnership work.

Yahoo shares fell 12 per cent as some investors were disappointed by the limited scope of the deal, which did not include up-front payments for Yahoo. Some investors had expected up to \$3 billion up-front, according to a Bernstein report.

Under the deal announced yesterday, Microsoft's Bing search engine will power search queries on Yahoo's sites. Yahoo's sales force will be responsible for selling premium search ads to big buyers for both companies.

REUTERS**Business in brief**

FOOD Maple Leaf Foods Inc., one of Canada's largest food processors, reported a quarterly profit on strong performances from its bakery and prepared meats divisions, as it recovered from the effects of last summer's costly tainted meat recall. Maple Leaf said it earned \$4.9 million, or four cents a share, for the second quarter, compared with a loss of \$9.4 million, or seven cents per share, for the same period a year earlier.

TRAVEL Jazz Air Income Fund's renegotiated deal with Air Canada could save the cash-strapped national carrier about \$40 million next year and help to keep it out of bankruptcy court, analysts said yesterday. Jazz, which is the regional feeder airline to Air Canada, announced overnight that it will slash its annual distribution by 40 per cent.

MEDIA Time Warner Inc.'s quarterly revenue fell a steeper-than-expected nine per cent due to a slump in advertising spending and DVD sales, but cost cuts helped profit beat Wall Street forecasts. **REUTERS**

Ottawa's Nortel review on hold

Canada will not make a decision on whether to re-view Nortel Networks' \$1.13 billion sale of wireless assets to Sweden's Ericsson until after a 21-day appeal period is complete, Industry Minister Tony Clement said yesterday.

"We have to first consider whether the Investment Canada Act applies, that's what we're reviewing right now," Clement told reporters in Ottawa.

The sale to Ericsson got the blessing of U.S. and Canadian courts Tuesday. Losing bidders and Nortel creditors can now appeal the ruling.

When asked if he would wait for the appeal process to finish before making a decision on a review, Clement said: "I think that

RIM fights sale

Ontario-based BlackBerry maker Research In Motion has lobbied Ottawa to block the sale, arguing that keeping Nortel's technology in Canada is vital to national security.

is accurate, yes, but in the meantime, during the 21-day period, obviously we have to review what applies and what doesn't apply."

It is not clear if Ottawa will have the final say on the Ericsson purchase under the Investment Canada Act, which normally requires a government review for foreign takeovers of a Canadian business worth more than \$312 million. **REUTERS**

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The Toronto Argonauts have traded slotback Arland Bruce III to the Hamilton Tiger-Cats, less than a week after leaving him out of a game for disciplinary reasons. In return, the Ticats sent defensive lineman Corey Mace, a third-round pick next year and a conditional pick in the 2011 draft to Toronto. **METRO NEWS SERVICES**

Argos send Bruce to Hamilton

Sports



Phelps does it again

Michael Phelps, left, bounced back from a stunning loss to set a world record in the 200-metre butterfly at the world swimming championships yesterday. One night after he was soundly beaten by Germany's Paul Biedermann in the 200 freestyle, Phelps got back on track Wednesday with a time of one minute 51.51 seconds — more than a half-second ahead of his previous mark, 1:52.03.

THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

NHL nixes Balsillie's bid

Reinsdorf bid approved, Ice Edge Holdings told to continue process

The National Hockey League yesterday rejected Canadian billionaire Jim Balsillie's application for ownership of the Phoenix Coyotes hockey team, but gave its approval to two groups vying to buy the bankrupt club.

The North American sports league said owners unanimously approved the application of sports tycoon Jerry Reinsdorf and ruled incomplete the filing by a group of investors under the name Ice Edge Holdings. But the league said Ice Edge could continue its efforts to buy the team.

The NHL, which does not

Ice Edge

Ice Edge investor Keith McCullough said he was not surprised his group did not receive full approval for its proposal, which including hav-

ing the Coyotes play some games in Canada, and said the group will work to complete its offer over the next week.

want Balsillie moving the Coyotes to Canada, said in a terse statement that owners voted unanimously not to approve the application from the co-CEO of BlackBerry maker Research In Motion Ltd.

A spokesman for PSE Sports and Entertainment, which represents Balsillie's bid, said he did not believe

Balsillie's qualification to be an NHL owner was an issue given the league's approval of his application in 2006, when he previously tried to buy a team.

"The onus will be on the NHL to demonstrate a material change in PSE's circumstances, although no such change was raised with us today," Bill Walker

said in a statement. "Beyond that, we have confidence in, and respect for, Judge (Redfield) Baum and the legal process as this case unfolds."

Reinsdorf, a part-time Arizona resident, and Ice Edge have said they intend to keep the money-losing Coyotes in Arizona, while Balsillie wants to move it to Hamilton.

An auction for bidders who want to keep the Coyotes in Arizona is scheduled for Aug. 5. If the judge deems the bids inadequate, a second auction open to bidders who could move the team is set for Sept. 10.

REUTERS

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BASEBALL The World Series champion Philadelphia Phillies bolstered their pitching depth by acquiring Cy Young winner Cliff Lee in a trade with the Cleveland Indians yesterday.

The Phillies, who lead the National League East by seven games over Florida, sent four prospects to Cleveland for left-hander Lee, who is 7-9 with a 3.14 ERA this season after claiming AL Cy Young honours with a 22-3 mark in 2008.

Philadelphia also received outfielder Ben Francisco in return for Class A right-hander Jason Knapp and Triple A right-hander Carlos Carrasco, catcher Lou Marson and shortstop Jason Donald.

The deal is pending medical reviews, Major League

Baseball website mlb.com reported.

Cleveland, with a 42-59 record, trail Central Division leading Detroit Tigers by 11 games in the standings.

The Phillies have been searching for starting pitching help in their campaign to defend the Series crown, and Francisco fills a need for a power-hitting right-handed bat off the bench. He hit .250 with 10

homers for Cleveland this season.

Philadelphia had been rumoured to be in the hunt for Blue Jays hurler Roy Halladay and were able to make the trade without parting with three young players Toronto had expressed interest in — left-hander J.A. Happ, right-hander Kyle Drabek and outfielder Dominic Brown.

REUTERS



Cliff Lee

Phillies land Cy Young winner Lee

Schumacher back in the driver's seat

RACING Seven times Formula One world champion Michael Schumacher will replace injured driver Felipe Massa at Ferrari if he passes a fitness test, the team said yesterday.

The German, now 40 years old, retired from Formula One at the end of 2006. All being well, he will make his comeback in Valencia, Spain, next month.

"Ferrari intends to entrust Michael Schumacher with Felipe Massa's car for as long as the Brazilian driver is not able to race," the Italian team said in a statement.

"Michael Schumacher has shown his willingness and in the next few days he will undergo a specific program of preparation at the end of which it will be possible to confirm his participation in the championship starting with the European Grand Prix on Aug. 23."

That race is one of the few Schumacher is unfamiliar with since the Spanish street circuit was added to the calendar only last season.

Schumacher's comeback for the reigning champions will be a huge boost for Formula One organizers as well as local fans, who could be without home hero Fernando Alonso after his Renault team were suspended for one race. **REUTERS**

Sports in brief

STAMPS The Calgary Stampeders learned yesterday they'll be without Ken-Yon Rambo for the remainder of the season after the star receiver suffered a knee injury Friday against B.C. Rambo, who led the CFL with 1,473 receiving yards last season, suffered an injury to his anterior cruciate ligament in Calgary's 48-10 win over the Lions.

BLUE JAYS Ken Griffey Jr. hit a pair of doubles, including the eventual game-winning two-run double in the bottom of the seventh, as the Seattle Mariners edged the Toronto Blue Jays 3-2 in the rubber match of a three-game series at Safeco Field.

GOLF Tiger Woods will try something he has never done before and play in back-to-back events ahead of the PGA Championship as he prepares for his last chance to win a major title this year. Playing for the first time since missing the cut at the British Open, Woods will tee up at the Buick Open tomorrow.

SWIMMING Victoria's Ryan Cochrane has captured a bronze medal at the world swimming championships in Rome yesterday. The Victoria native finished third in the men's 800-metre freestyle in a Canadian-record time of seven minutes 41.92 seconds. **METRO NEWS SERVICES**

Cooking under to noon-day sun

HGTV's outdoor living marathon will be kicked off at noon, Aug. 3, with an encore edition of Sizzling Outdoor Kitchens. Tune in to see the Top 10 outdoor culinary workshops in the country. **METRO NEWS SERVICES**



Metro Homes

HGTV holiday marathon

HGTV is hitting the outdoors with a bang this coming holiday Monday. From noon to 5 p.m., the station will be focusing all its programming efforts on outdoor living — from landscape don'ts to over-the-top RVs and boats to some innovative ways to use previously wasted rooftop space. Tune in this civic holiday Aug. 3 for the whole series. **METRO NEWS SERVICES**

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Canadian Gardening Magazine

Read more in the Summer issue of Canadian Gardening magazine.

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Canadian Gardening



Buzz off! Tips for West Nile

Summer afternoon. "The two most beautiful words in the English language," mused author Henry James.

But when dusk falls in Canada, things can turn ugly. In just minutes, chattering patio guests resort to a slap-fest and the hardiest of gardeners retreat indoors.

Mosquitoes! A mere irritant for most, but each summer an unlucky few will fall victim to these suckers. Last year, 36 human cases of West Nile virus emerged in Canada — a substantial drop from 2007, when the country had a record 2,215 hits.

The virus is passed from infected birds to humans via mosquitoes, and is not transmitted between humans as the H1N1 virus is.

"Some very general figures are that, for every 100 people bitten by an infected mosquito, only 20 will develop symptoms, mainly fever," says Dr. Harvey Artsob, zoonotic diseases and special pathogens director at Health Canada's National Microbiology Laboratory in Winnipeg. "Perhaps one in 100 will develop neurologic symptoms, such as meningoencephalitis, but, in fact, fa-



Gardeners are the first line of defence when it comes to fighting the spread of West Nile virus.

"We therefore want all individuals to take precautions to reduce their exposure to mosquito bites. Particularly during the high-risk season, which is late July until the first hard frost."

Health Canada's Dr. Harvey Artsob

talities are rare."

Gardeners are on the first line of defence in the fight against West Nile virus, and are well placed to break the mosquito's breeding cycle.

It takes four days for the eggs — laid in stagnant water — to hatch. So

twice a week be sure to drain pool covers, flowerpot saucers, wheelbarrows, garbage cans, old tires and birdbaths.

Cover rain barrels with

screens, and clean eavestroughs and drains regularly.

Stock up with fish in the pond — they love to snack on mosquito larvae — or use a pond aerator. Ensure pool and hot tub water receive the proper amount of chlorine. And, as mosquitoes look for shelter in the heat of the day, keep lawns trimmed and unruly shrubbery pruned.

There is no vaccination

or treatment for West Nile virus and, although the elderly and immunosuppressed may be at higher risk, serious disease has been documented in all age groups. "We

Battle dress

- Protect yourself at dawn and dusk, a favourite time for gardeners — and mosquitoes.
- Ditch your Daisy Dukes and pull on long sleeves, pants and a hat.
- Wear light colours — in the mosquito world, black is always back.
- Slap on a natural insect repellent, containing oil of lemon eucalyptus for example.

therefore want all individuals to take precautions to reduce their exposure to mosquito bites," says Artsob.

"Particularly during the high-risk season, which is late July until the first hard frost." For further information, visit Canada's Public Health Agency website: phac-aspc.gc.ca.

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The Jamie revolution
Jamie's Food Revolution by celebrity chef Jamie Oliver topped last week's best selling cookbook list at amazon.ca. In Defense of Food came in second, followed by The UltraMetabolism Cookbook in third. **METRO NEWS SERVICES**

Food

The Food Network presents a new recipe application for BlackBerry smartphones that allows users to connect with their favourite hosts, recipes and shows, and have access to a wealth of meal ideas on the go.

METRO NEWS SERVICES



To get it

To download the recipe application, log on to foodtv.ca or to access the new mobile application right from your BlackBerry smartphone visit blackberry.com/appworld.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Personal Gourmet recipe of the month

ROSE REISMAN

Steak and 'smashed' potatoes

Tex-Mex Flank Steak with Corn Salsa

With the sauce and corn salsa accompaniment, this is a great Southwestern dish.

Sautéing the corn gives it a barbecued flavour. Be sure to allow time for marinating the steak. Leftovers taste just as good the next day; either reheat gently or serve at room temperature.

PREP TIME: 10 MIN

COOK TIME: 25 MIN

SERVES 6

INGREDIENTS:

- 1 cup barbecue sauce
- 1/3 cup cider vinegar
- 2 tbsp molasses
- 1/4 tsp hot pepper sauce
- 1 1/2 lb flank steak

- 1 cup canned corn kernels, drained
- 1 cup diced red bell pepper
- 1 cup canned black beans, drained and rinsed
- 1/3 cup chopped green onion
- 1/4 cup chopped cilantro or parsley

METHOD:

Whisk the barbecue sauce, vinegar, molasses and hot pepper sauce in a bowl. Place the flank steak in a shallow, non-reactive baking dish and pour the sauce over the steak. Cover with plastic wrap and refrigerate for 2 hours or overnight.

For the salsa, spray a



Tex-Mex Flank Steak with Corn Salsa.

non-stick skillet with cooking oil. Place over medium heat, and sauté the corn and red pepper until the corn begins to brown, about 5 minutes. Stir in

cilantro. Set aside.

Remove the steak from the marinade, and set the marinade aside in a small saucepan.

Preheat the barbecue or a non-stick grill pan to

About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

side, or until it's done to your liking.

While the steak is cooking, bring the reserved marinade to a boil and boil for 5 minutes. Serve the steak with the sauce and salsa on the side.

Smashed Potatoes

We all love mashed potatoes, but if you've never had a "smashed" potato, you're in for a treat.

Seasoning and baking turns these flattened potatoes into a crispy, delicious dish.

PREP TIME: 5 MINUTES

COOK TIME: 45 MINUTES SERVES 4

Read more on [page 11](#) »

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Liquid Assets**Peter Rockwell**metronews.ca/liquidassets**Where the wild things are**

Have you noticed that there are a lot fewer animals at your local liquor store? It seems like overnight the menagerie staring back at me from the front panels of wine bottles have gone the way of the Dodo bird.

Critter labels were all the rage for most of this decade. They helped draw consumers to Australia (who offered a zoo full of examples) and, even more importantly, made wine appear less intimidating.

A fickle market looking for more sophisticated label designs seems to have killed most of them off. Yellow Tail's wallaby and Fat Bastard's hippo aside you really have to look hard to find some fauna on store shelves.

Ravenwood's 2006 Vintners

Blend Zinfandel (\$17.95 - \$19.99) from California has used a trio of ravens as its logo since the '70s. Its entry level zin is ripe with black fruit supported by a backbone of peppery spice and licorice that makes it another fine red for barbecue season.

New Zealand's **Monkey Bay 2007 Sauvignon Blanc (\$14.95 - \$17.99)** has adopted a swinging chimp as its label icon. Off-dry with zingy citrus fruit, it's a great partner for fresh lobster or crab meat.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

>> Continued from page 10

INGREDIENTS:

- 8 small red or white potatoes
- 2 tbsp olive oil
- 2 tbsp grated Parmesan cheese
- ¼ tsp garlic powder
- pinch paprika
- pinch salt
- 3 tbsp finely chopped fresh parsley

METHOD:

Preheat the oven to 400 F. Line a baking sheet with foil and spray with cooking oil.

Place the potatoes in a saucepan, cover with water and bring to a boil. Boil for 15 minutes, or just until fork-tender. Drain and place on the prepared baking sheet. With the palm



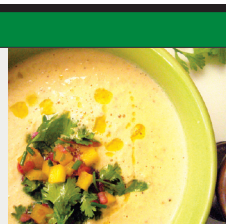
of your hand, press the potatoes flat, trying not to break them (cracks are normal).

Brush with 1 tbsp of the olive oil.

Combine the cheese, garlic powder, paprika and salt in a small bowl. Sprinkle half the mixture over the potatoes. Bake for 15 minutes. Turn them over, brush with the remaining olive oil and sprinkle with the remaining cheese mixture. Bake for another 15 minutes. Garnish with the parsley.

On the web**Global Peasant:**

Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Visit metronews.ca/globalpeasant for a recipe for Corn Chowder with Fresh Salsa.

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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

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Editors' Pick



MATERIAL GIRL

These cute cropped booties combine two fall 2009 trends—leather and the '80s — which ruled the international catwalks. (They wouldn't have been out of place on Marc Jacobs's raucous runway.) Add a hit of colour and you've got an instant dance party — just add Grace Jones (\$125, at Aldo).

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Kenya'sStyle

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle



Efron, Snow join Gidget

Zac Efron and Brittany Snow are set to star in a remake of Gidget, according to new industry reports. Miley Cyrus is on board as Gidget in the project, with Efron slated to play her love interest, according to moviehole.net. FEMALEFIRST.CO.UK

13

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

Tisdale's Guilty Pleasure

Ashley Tisdale

Album: Guilty Pleasure
Label: Warner
Rating: ☹☹☹

WHAT DO YOU get when you combine the worst parts of Britney Spears, Ashlee Simpson, Miley Cyrus and Kelly Clarkson? None other than High School Musical star Ashley Tisdale. The actress' second record is a complete disaster, with most of the songs sounding like outtakes from other people's records. Masquerade is Spears to a tee, while the obnoxious rocker Hot Mess takes a page out of Pink's playbook. Not only is it totally unoriginal, but it's cringe-worthy bad. If she wants to make it as a singer she needs to find her own voice, and new writers.

Bryan Borzykowski/for Metro Canada

Jeff Healey

Album: Songs From The Road
Label: Sony Plain/Warner
Rating: ☹☹☹

BEST BE CAUTIOUS when buying posthumous compilations, especially when they're live recordings. But Healey fans won't be disappointed with this one. It was lovingly produced by Healey bassist Alec Fraser and has the full endorsement of the Healey family. The 11 tracks deliver a reasonable representation of the great Canadian guitarist's live performance, with selections from shows in Norway (2006), England (2007) and Healey's own Toronto club (2007). There's even a seven-minute jam with Randy Bachman on Willie Dixon's Hootchie Kootchie Man. The setlist includes a mouth-watering array of guitar classics, including his takes on the Allman Brothers' Whipping Post, Cream's White Room and The Beatles' Come Together. We could have done with a lot more of his guitar on George Harrison's While My Guitar Gently Weeps and a lot less audience singing.

Graham Rockingham/for Metro Canada

La Roux

Album: La Roux
Label: Polydor/Universal
Rating: ☹☹☹

ONLY IN BRITAIN can a band go from single to success in just a matter of months. That's what happened to synth-pop duo La Roux, who released their first single in December 2008 and had a hit song by March. Fortunately, they deserve it. Their keyboard-heavy '80s dance pop is loud and infectious and, on THE contagious hit In For The Kill, singer Elly Jackson sounds a lot like Annie Lennox. The album drags a bit in the middle but, generally, it's a solid listen.

Bryan Borzykowski/for Metro Canada

Kristinia DeBarge

Album: Exposed
Label: Soda Pop/Island
Rating: ☹☹☹

THERE'S NO SHORTAGE of R&B pop starlets these days, so it's going to be tough for Kristinia DeBarge — daughter of James from Jackson 5 wannabe group DeBarge — to make her mark. She gives it a good shot on her debut, teaming up with Babyface and other vets to create a set of infectious grooves geared toward the late teen set. It's nothing spectacular, with most of the songs sounding similar to what her peers produce, but it's not unpleasant either.

Bryan Borzykowski/for Metro Canada

MusicReviews

music@metronews.ca

The Wailin' Jennys

Album: Live at the Mauch Chunk Opera House
Label: Outside
Rating: ☹☹☹

THIS HAS THE feel of one of those charming NPR radio shows broadcast live from the fictional shores of Lake Wobegon. You expect Garrison Keillor to come out between the tracks to introduce the next song. It was recorded a year ago in a quaint little theatre in a picturesque Pennsylvania town with the unlikely name of Jim Thorpe. It's



Graphic Love

Jennifer Love Hewitt is hoping to give audiences a fright — the star is set to publish her own graphic horror novel. The actress has landed a deal for a comic book series, The Music Box. FEMALEFIRST.CO.UK

Guilty Pleasure is the new album from Ashley Tisdale.

mom's apple pie with a healthy dose of maple syrup and a pair of Birkenstock sandals thrown in for good measure. For all those reasons you're either going to love this album or hate it. Choose to love it. The three-part harmonies of Winnipeg's Wailin' Jennys should be considered

some kind of national treasure. They're captured magnificently here in a live setting. It's a sound that'll make you hungry for pie. Comfort food.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
267	351 - ACCESS	Alberta Primetime (Live)	Greek (N)	The Listener (HDTV) (N)	Private Practice	(9:58) Grey's Anatomy	Primerime			
243	317 3 CFCN	Corner Gas	Hollywood	The Simpsons	News	So You Think You Can Dance	News			
-	- 4 OMNI	Two/Half Men	The Simpsons	News	CSI: Crime Scene Invstgtn.	The Simpsons King	Metropolis			
-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment The Insider (N)	Grey's Anatomy	Grey's Anatomy	Practice			
245	306 6 CBRT	Coronation St.	Jeopardy!	Doc Zone (HDTV)	Doc Zone (HDTV)	CBC News: The National	The Hour			
244	338 7 CICT	ET Canada	Entertainment	House	Big Brother 11	The Office	The Office	News Hour		
246	- 8 CKAL	Law & Order: SVU	Law & Order: UK	30 Rock	30 Rock	According-Jim	30 Rock	Your City		
119	705 9 CBXT	Des squelettes	Gars fille	Perdus 'The Variable' (SC)	Bons baisers de France (SC)	Le Téléjournal et Les Nou	Nancy Grace	TJ Alberta		
-	- 10 SHAW	(6) Local Programming				Local Programming				
-	372 12 KREM	News	Hollywood	The Doctors	Big Brother 11	CSI: Crime Scene Invstgtn.	The Mentalist			
-	374 14 KSPS	NewsHour With Jim Lehrer	Princess Margaret: Love	Midsomer Murders	Big Brother 11	MI-5	Soundstage (N)			
502	390 15 CBC	CBC News: The National	The Nature of Things	CBC News: The National	CBC News: The National	CBC News: The National	Nature-Things			
-	370 16 KHQ	News	Be-Millionaire	Jeopardy!	Wheel-Fortune	The Office	30 Rock	Law & Order		
-	373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	So You Think You Can Dance	News			
297	652 37 WPIX	Supernatural (HDTV)	PIX News at Ten Tong.	Anderson Cooper 360 (HDTV)	Nancy Grace	Sex and-City	According-Jim	Frasier		
500	500 29 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Nancy Grace	Showbiz Tonight	Larry King Live	Cooper 360	Nancy Grace		
508	502 31 TSN	CFL Football Montreal Alouettes at Edmonton Eskimos. (HDTV) (Live)	Soccer Asia Trophy - Teams To Be Announced.	Sportsnet Con.	MMA Conn	Jane Velez-Mitchell	Nancy Grace			
408	418 27 net	MLB Baseball Los Angeles Dodgers at St. Louis Cardinals.	Soccer Asia Trophy - Teams To Be Announced.	Sportsnet Connected	MMA Conn	SportsCentre	WEC WreckCage (HDTV)			
410	403 30SCORE	Poker Asian Pacific Tour.	Soccer Asia Trophy - Teams To Be Announced.	Final Score	Final Score	Final Score	Final Score			
411	457 44 OLN	Survivorman	Ghost Hunters	Bounty Hunter	Bounty Hunter	Survivorman	Ghost Hunters			
417	406 48 SPEED	Jacked! (N)	Wrecked (N)	Pimp My Ride	Pass Time	Pinks - All Out (HDTV)	Jacked!			
552	543 20 YTV	iCarly	Drake & Josh	Family Biz	Malcolm-Mid.	In Real Life 'Dirty Jobs'	Falcon Beach			
557	541 39 FAM	Zoe 101	Wizards-Place	Han. Montana	Zack & Cody	Wizards-Place	Life Derek	Ned's School		
555	545 67 TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	South Park: Bigger	
575	583 11 CMT	Reba	Hope & Faith	Hope & Faith	Tuckerville	The Wilkinsons	Home Improve.	Home Improve.	Reba	
553	546 17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby Game.	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-Lan	Go, Diego, Go!
-	- 18 CHTV	The Insider (N)	El News	True Hollywood Story	How I Met	'Til Death	The Beast 'Til' (N)	CHCA News		
505	398 19 TWN	(5) EarthWatch One	EarthWatch One	EarthWatch Two	EarthWatch Two	Confidential	Save Us-Home	Divine Design		
602	568 23 W	Style by Jury	Style by Jury	Friends	Divine Design	House	Confidential	Save Us-Home	Divine Design	
521	560 24 TLC	LA Ink 'Kat Bares It All'	LA Ink (HDTV) (N)	LA Ink 'Kat Bares It All'	LA Ink (HDTV) (N)	LA Ink 'Kat Bares It All'	LA Ink (HDTV)	Lottery Chg.		
603	561 25 FOOD	Jamie's Kitchen	Ace of Cakes	Ace of Cakes	Boys Weekend	The Wild Chef	Unwrapped	Unwrapped	Jamie's Kitchn	
615	520 26 A&E	The First 48 (HDTV)	Crime 360 (HDTV) (N)	Crime 360 (HDTV) (N)	Crime 360 (HDTV)	Crime 360 (HDTV)	The First 48 'Gone'	The First 48		
617	522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits	Love-Death	Love-Death	Seventeen and Missing (2007, Drama)	Trading Sp		
601	562 33 SLICE	10 Pounds	10 Pounds	Bulging Brides	ET Canada	Til Debt-Part	Real Housewives OC	Trading Sp		
-	633 34 ENC2	Caddyshack II	(7:25) The Contract ** (2000, Action)	The Whole Nine Yards ** (2000, Comedy)	The Whole Nine Yards ** (2000, Comedy)	The Last Boy Scout (1991)				
520	505 35 DISC	Nature's Most Amazing Events	MythBusters	Daily Planet	Nature's Most Amazing Events	Nature's Most	Nature's Most			
294	650 40 WPCF	Liberty Stands Still ** (2002, Suspense)	Oliver Platt	Law & Order	Without a Trace	Pornographic				
626	547 41 COM	Friends	Vegas Vacation ** (1997, Comedy)	Chevy Chase	Seinfeld	Vegas Vacation ** (1997)				
-	539 42 TCM	Laughs	Comedy Now	Air Force	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Comedy Now
-	549 42 TCM	(6) Gone With the Wind **** (1939, Romance)	Clark Gable, Vivien Leigh.	Jesse James is a Dead Man	MANswers	GameTrailers	MANswers			
628	584 43 SPIKE	TNA IMPACT! (HDTV) (N)	NCIS	Ancient Discoveries	Lost Inventions	NCIS				
522	516 45 HIST	Supernova ** (2000, Science Fiction)	James Spader.	Star Trek: Next Gener.	Trek: Voyager					
627	528 46 SPACE	(6) True Lies *** (1994, Action)	Jamie Lee Curtis	The Whole Nine Yards ** (2000, Comedy)	Brice Willis.	Mobsters				
-	- 47 AMC	North of 60	Traders	House Hunters	House Hunters	Seinfeld	Raymond	Family Guy		
619	525 49 TROP	Disaster DIY	Big Amazing	News	CTV News	Disaster DIY	Big Amazing	Handyman		
500	364 50 HGTV	CTV News Tonight	Market Call	Headline	Market Call	Commodities	Business News	Taking Stock		
504	508 70 BNN	The Closer 'Manhunt'	Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy	Most Haunted		
526	507 92 VIVA	Warriors: TKO	Wapos Bay	By the Rapids	renegadePress	The Juror ** (1996, Suspense)	Demi Moore, Alec Baldwin.			
269	350 93 APTN	94 MCP	World News	Banquet	Kingdom-Wind	Vancouver	Badahur-Zafar	Rang Barangi		
571	581 100 MM	Celebrity Rehab With Dr. Drew	Entourage	Gene Simmons	The Daily Fix	One Tree Hill				
570	580 101 MM	Paris Hilton's My New BFF	Video on Trial	Born to Be	MTV Live	After				
581	566 102 MTV	True Life	Nitro Circus	Fantasy Fact.						

critics' corner

CSI: Crime Scene Investigation

Langston and Riley (Laurence Fishburne, Lauren Lee Smith) are taken hostage in the chaos following a shootout in a normally quiet Las Vegas community. Marg Helgenberger, George Eads, Paul Guilfoyle, Eric Szmanda and Robert David Hall also star in "No Way Out"; Denzel Whitaker and Geoffrey Rivas guest star. 9 PM on CFCN, KREM



Storytellers in Motion

"Our First Lady of Cinema" profiles Abenaki filmmaker Alanis Obomsawin, whose specialty is documentaries dealing with First Nations issues and social justice. A three-time Genie nominee, she's best known for her 1993 film "Kanehsatake: 270 Years of Resistance," about the armed standoff between Mohawks and Canadian forces troops in Oka, Que., in 1990. 5 PM on BRAVO

More than 15,000 people have signed an online petition proposing that Michael Jackson be awarded a posthumous Nobel Peace Prize. The petition was actually started by a Norwegian fan in 2007, while Jackson was still alive. **METRO WORLD NEWS**

Celebrity Buzz

Like Thriller: Amy hears MJ

NEXT LEVEL Just when you thought Amy Winehouse couldn't shock us anymore, femalefirst.co.uk alleges that the singer is claiming Michael Jackson's ghost has paid her a visit. The website reports Winehouse is convinced that the deceased King Of Pop popped came back to Earth to tell her to lay off the drugs.

The singer, who made no secret of her drug habit, has previously

said that she is a big fan of the late star. She reportedly met with mediums during her stay on the Caribbean island of St. Lucia, which is where Jackson "came through."

Apparently, Winehouse heard Jackson's voice telling her if she didn't sort herself out, she'd lose everything, femalefirst.co.uk adds.

METRO NEWS SERVICES



Twilight's Victoria switch-up

TAKING OVER Twilight fans may be taken aback by Bryce Dallas Howard in the role of Victoria in the series' third installment, people.com reports.

The 28-year-old daughter of director Ron Howard will be replacing Rachelle Lefevre, 30, who took on the role previously.

According to Summit, Lefevre is leaving the se-

ries because of scheduling conflicts with a new film project. She's slated to appear opposite Dustin Hoffman in the independent film Barney's Version, which begins filming the same day as Eclipse — only on the opposite side of the continent, in Quebec.

METRO NEWS SERVICES



All in a day's work

LOW-KEY He's the most envied star in the world, but Brad Pitt wants the public to understand that it can be a tougher life than they imagine, people.com reports.

"It's so tough being an actor," Pitt, 45, joked at the Berlin premiere of Inglourious Basterds Tues-

day night. "Sometimes they bring you coffee, and sometimes it's cold, and sometimes you don't have a chair to sit on."

With six young ones and partner Angelina Jolie at home, he does get early nights when not working. "I'm a dad now — my partying ends at 6 p.m.," he told the Daily Mail.

METRO NEWS SERVICES



Manson hates journalists

GETTING EVEN Marilyn Manson is fed up with journalists saying nasty things about him.

He took to his MySpace blog to strike back: "If one more 'journalist' makes a cavalier statement about me and my band, I will personally or with my fans' help, greet

them at their home and discover just how much they believe in their freedom of speech," Manson warned.

"I dare you all to write one more thing that you won't say to my face. Because I will make you say it. In that manner. That is a threat."

METRO WORLD NEWS



Becks does damage control

PR TEAM Victoria Beckham is "embarrassed" by her husband's recent behaviour, femalefirst.co.uk reports. The former Spice Girls star is planning a series of high-profile interviews in a bid to improve her and her husband David's images after fans of his soccer team Los Angeles Galaxy turned against him.

The soccer player drew the ire of the club's fans after returning from his temporary stint at Italian team AC Milan,

and he reportedly wants to leave the U.S. permanently. His wife is determined to turn attitudes around to persuade him to remain in America.

A source said: "Victoria works hard on the image of 'Brand Beckham.' She has always been eager to promote them as the perfect couple. 'David arguing with fans doesn't really fit in with that image and she was embarrassed.'"

METRO NEWS SERVICES



ScarJo and Ryan's spat

LOVER'S QUARREL Celebrity couple Scarlett Johansson and Ryan Reynolds, who married last September, reportedly got into so big a spat that Reynolds decided to sit out a promotional trip to San Diego.

"They got in a huge fight just before they were going to Comic-Con," a source said, according to Fox News.

"Ryan refused to attend the conference and he told Scarlett she could

go alone. She got so angry she threatened to take off her wedding band."

Johansson turned up at the convention to promote Iron Man 2, but Reynolds — who was recently cast in the upcoming

Green Lantern — stayed home, which "angered the executives" behind the superhero film.

METRO NEWS SERVICES



Jay-Z adds writer to resumé

MODERN RENAISSANCE MAN? Rapper Jay-Z is set to become an author now as well. He reportedly signed a lucrative deal to write a tell-all autobiography, according to the Daily Mirror.

"It's going to cover everything from his days on the streets as a drug deal-

er to his fairytale wedding to Beyoncé. He'll also be revealing his rapping secrets," a source said.

Jay-Z's rep confirmed that he is in fact writing a book. No word on how Beyoncé feels about all of this.

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Men put the kibosh on Fox

NO MORE A group of men's websites are getting together to boycott Megan Fox for one day, claiming the world needs a break from the actress.

"You can have too much of a good thing," said askmen.com's James Bassil. "We're joining in the media blackout and giving our readers a one-day reprieve from the woman we've been drowning in all summer."

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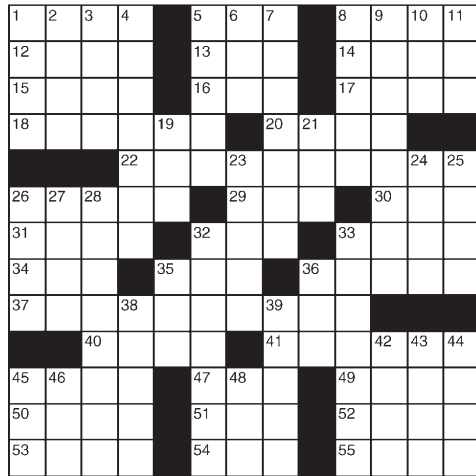
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WEEKDAYS AT 6 A.M.



ACROSS

- 1 "Waterloo" quartet
- 5 "Go, team!"
- 8 Too confident
- 12 Complain
- 13 Past
- 14 Banks on the runway?
- 15 Despot
- 16 Old soldier
- 17 "— It Romantic?"
- 18 Doddering
- 20 Sodium chloride
- 22 Accordion's cousin
- 26 Utter disorder
- 29 Companion to green eggs
- 30 Proof abbr.
- 31 Stop
- 32 Lustrous black
- 33 Car
- 34 Under the weather
- 35 Feathery accessory
- 36 Fourth estate
- 37 Having the same midpoint

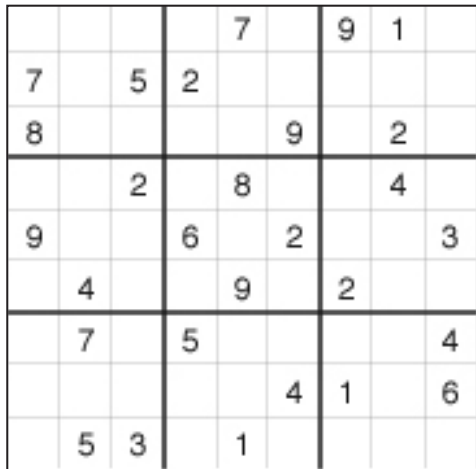
DOWN

- 11 Roscoe
- 19 Part of UCLA
- 21 Branch
- 23 Swindle
- 24 Trawler gear
- 25 Big bothers
- 26 Stylish
- 27 Head light?
- 28 Until dawn
- 32 Daffodil's cousin
- 33 Robin Hood and his Merry Men, e.g.
- 35 "Well, I'll — monkey's uncle!"
- 36 4-Down has one
- 38 Words to live by
- 39 Unfair?
- 42 Seed covering
- 43 Pleasant
- 44 "Monopoly" card
- 45 "This means —!"
- 46 Expert
- 48 Menagerie

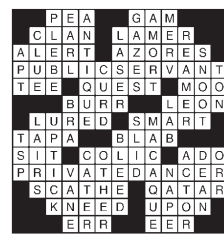
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	4	7	8	6	3	9	5	2
8	6	2	7	5	9	3	1	4
5	3	9	1	4	2	7	6	8
7	5	3	4	2	6	8	9	1
4	2	8	9	1	5	6	3	7
9	1	6	3	8	7	4	2	5
3	7	1	5	9	8	2	4	6
6	8	5	2	3	4	1	7	9
2	9	4	6	7	1	5	8	3

On the web

Find more games to play + more cartoons by the Six Chix at metronews.ca



Metro Recipe of the Day



Tacos for Two

Submitted by Susan Thomas, Watson Lake, Yukon



submitted by a Club Member!

INGREDIENTS:

- 1 avocado
- 1 tbsp lime juice
- 1/2 tsp salt
- Pepper to taste
- 2 tbsp cooking oil
- 2 tbsp yellow diced onion
- 1/2 tsp chili powder
- 1 small jalapeno pepper
- 3 medium tomatoes, diced
- 1 cup leftover chicken
- 1 cup shredded red cabbage
- 4- to 6-inch corn tortillas

METHOD:

Mash avocado and add salt and pepper. Set aside. Add oil to skillet. Over medium heat, cook onion until translucent. Add chili powder, chipotle pepper and tomatoes. Cook 5 min-

utes. Stir in chicken and cook until chicken is heated through.

Assemble tortillas with a scoop of chicken mix, avocado, cabbage and a sprinkle of lime juice. You can also add cheese if you like but it's not necessary.

SERVES 4-6

PREP TIME: 20 MINUTES

COOK TIME: 5 MINUTES



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Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20

Cosmic activity urges you to focus on all the good things coming into your life. For every one thing that went wrong yesterday, 10 will go right today.

LIBRA
SEPT 23-OCT 23

If you play your cards right in the next few days you'll achieve something amazing — especially if you work toward a specific goal that benefits others.

TAURUS
APRIL 21-MAY 21

It's time you dealt with a family issue that's kept you awake at night. Today, be honest with loved ones about how your relationships can be better.

SCORPIO
OCT 24-NOV 22

A Mercury-Jupiter link will give you great ideas which could bring fame and fortune. Success will take more than ideas, but they're a key first step..

GEMINI
MAY 22-JUNE 21

You may not be thrilled with what you hear from a friend or a neighbour today but you know it's the truth. Act on it sooner rather than later.

SAGITTARIUS
NOV 23-DEC 21

If the experts tell you one thing but your mind tells you another today it should be obvious who is right — you. Trust your own understanding.

CANCER
JUNE 22-JULY 22

Give serious thought to ways you can boost your earning power. Some sort of offer is likely today but ensure you know what's expected before signing

CAPRICORN
DEC 22-JAN 20

If your sixth sense tells you not to trust someone today you would be wise to listen to it, even though you might lose out financially as a result.

LEO
JULY 23-AUG 23

Make a wish today and watch it materialize: You only have to believe in your dream to see it come true. But don't be vague. Put a name to your desire.

AQUARIUS
JAN 21-FEB 18

Try to get along with people today, even if some of the idiots you have to deal with drive you up the wall. Not everyone is as switched on as you.

VIRGO
AUG 24-SEPT 22

Activity in the most imaginative area of your chart encourages you to think the unthinkable. Everyone needs dreams, you more than most.

PISCES
FEB 19-MARCH 20

You need a break and the more you push yourself to the limit the longer the break will have to be. Don't just listen to your body; act on what it tells you.

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